



Free, Fun & Focused On You!

Don't miss this day of celebration and renewal for family caregivers.

Every day, Northeast Florida caregivers offer their time, energy and spirit to those they love. On one very special day, Community Hospice and the Caregiver Coalition of Northeast Florida will say, "Thank you!" to these heroes at **Caregiver Expo 2015**.

**Saturday, May 16
9:30 a.m. to 3 p.m.**

**University of North Florida
Herbert University Center**

12000 Alumni Drive
Jacksonville, FL 32224

Free Parking!

**Caregiver Expo 2015
is presented by:**



Join us May 16 and you'll enjoy:

- Fun activities to help you refresh your spirit and care for yourself and your loved ones
- Community exhibitors with products and services designed for caregivers like you
- Free health screenings
- Valuable door prizes and giveaways
- Entertaining and insightful presentations from nationally recognized caregiving experts, including **Gary Barg** of *Today's Caregiver* magazine and **Debra Tyler-Horton** from AARP.

Respite care now available for Expo attendees. Short-term respite care will be provided on-site by professionals from Brooks Custom Care. To register your loved one, call **904.345.8443**.

Seniors ages 60+ can ride free to Caregiver Expo from four City of Jacksonville senior centers! Catch the round-trip shuttle every two hours, with departures starting at 8 a.m. from Lane Wiley (Westside), Oceanway (Northside), Mandarin and Singleton (Springfield) centers. For questions, call Jeff Backfisch at **904.630.7221**.

Visit **CaregiverExpo.CommunityHospice.com** or call **904.407.6998** to learn more.

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Changing Health Care for Good.

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Event Speakers

OPENING SPEAKER, 10:30 a.m. to Noon — The Fearless Caregiver



Gary Barg is the founder and editor-in-chief of the first national magazine for caregivers, *Today's Caregiver*, as well the original online caregiver community, **caregiver.com**. These resources combine information, advice and celebrity caregiver interviews. In 1995, Gary relocated from Atlanta to Miami to help his mother care for his grandparents. He realized that although much was being done to help the sick person, the needs of the caregiver often went unnoticed, which inspired him to create *Today's Caregiver*. His "Fearless Caregiver" conferences are hosted nationwide and connect caregivers from all walks of life to share their experiences. Gary serves on the board of trustees of the National Adult Day Services Association as well as the American Association for Caregiver Education.

CLOSING SPEAKER, 1 to 2 p.m. — Prepare to Care: Taking Care of You, Taking Care of Me



Debra Tyler-Horton, associate state director for multicultural outreach, joined AARP North Carolina in 2010. She was tasked with developing a deeper presence in diverse communities by strengthening visibility, engaging volunteers and members, building key relationships, conducting grassroots activities and participating in educational forums. Debra has become a well-known voice and a leader for minority populations in North Carolina. She is the host of AARP's "Real Life, On the Radio," a weekly public affairs and discussion program.

Learn how to better care for your loved one and yourself!

Attend upcoming "Caring for the Caregiver" Family Caregiving Conferences:

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| Friday, June 19, 9 a.m. to 2 p.m. | Schultz Center for Teaching and Leadership
4019 Boulevard Center Drive, Jacksonville, FL 32207 |
| Friday, Aug. 21, 9 a.m. to 2 p.m. | The Salem Centre, 7235 Bonneval Road, Jacksonville, FL 32256 |
| Friday, Sept. 18, 9 a.m. to 2 p.m. | "Caring for the Veteran's Caregiver" Family Caregiving Conference
WJCT Public Broadcasting
100 Festival Park Avenue, Jacksonville, FL 32202 |
| Wednesday, Oct. 21, 5:30 to 8 p.m. | St. Johns County Council on Aging, River House
179 Marine Street, St. Augustine, FL 32084 |

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Area Councils on Aging